

# Linden Medical Group Newsletter

December 2019 / January 2020



## **Welcome to the latest edition of the Linden Medical Group Newsletter**

**In this edition we will be looking at:**

- **Patient Participation Groups**
- **Facebook**
- **Stay Well This Winter**
- **Christmas and New Year Opening Times**
- **General Practice Information**

## Patient Participation Groups

We have a group of patients who meet several times throughout the year to discuss Practice plans, processes and news.

In addition to this, we have a larger group of patients who are members of our 'Virtual PPG' - these members receive practice news emails and offer feedback on our services and processes via email.

If you would like to join either of these groups, please email [linden.ppg@nhs.net](mailto:linden.ppg@nhs.net) for an application form.

## December and January Health Campaigns

### SafeTea

SafeTea is an online multimedia intervention to help parents to prevent hot drink burns in small children and improve burn first aid.



### Dry January

Dry January is the annual movement through which millions of people give up alcohol for the month of January. It is run by the charity Alcohol Change UK.



## Stay Connected 'Virtually'

Did you know the Practice has it's own Facebook page? Give us a 'Like' on the 'Linden Medical Group' page and we will keep you informed of opening times, current health campaigns and any other practice news.



Our website [www.lindenmedical.co.uk](http://www.lindenmedical.co.uk) is also kept up to date with all of the latest practice news.

If you have a QR reader on your phone, both of these can be reached by scanning these codes:



Linden Medical Group Facebook Page



Linden Medical Group Website

## How To Stay Well In Winter

Cold weather can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition.

Some people are more vulnerable to the effects of cold weather. This includes:

- people aged 65 and older
  - babies and children under the age of 5
  - people on a low income (so cannot afford heating)
  - people who have a long-term health condition
  - disabled people
  - pregnant women
  - people who have a mental health condition
- 
- **Get advice if you feel unwell**
    - **Get a flu jab**
    - **Keep your home warm**
  - **Look in on vulnerable neighbours and relatives**

**STAYWELL  
THISWINTER**

For more information please visit <https://www.nhs.uk/live-well/healthy-body/keep-warm-keep-well/>



# Do you have?

- heart disease
- kidney disease
- liver disease
- diabetes
- COPD (e.g. bronchitis or emphysema)

Flu can be serious and lead to hospitalisation.

Speak to your GP surgery or pharmacy today about getting a flu jab. It's free because you need it.

**HELP US  
HELP YOU**

STAY WELL THIS WINTER

[nhs.uk/flu vaccine](https://nhs.uk/flu vaccine)

This is not a full list of conditions. If you have a long-term health condition, talk to your GP surgery or local pharmacist to see if you are eligible for a flu jab.

**Cheril Sowell,  
Registered Nurse**



## Linden Medical Group

# Christmas Opening Times

Monday 23 <sup>rd</sup> December	Open
Tuesday 24 <sup>th</sup> December	Open
Wednesday 25 <sup>th</sup> December	Closed
Thursday 26 <sup>th</sup> December	Closed
Friday 27 <sup>th</sup> December	Open
Saturday 28 <sup>th</sup> December (for pre-bookable appointments)	8am – 11:30am
Monday 30 <sup>th</sup> December	Open
Tuesday 31 <sup>st</sup> December	Open
Wednesday 1 <sup>st</sup> January	Closed
Thursday 2 <sup>nd</sup> January	Open

If you require medical assistance which cannot wait until the surgery reopens, please dial 111 to be put through to the NHS 111 service.

If you have a life threatening medical emergency, please dial 999.



## General Practice Information

### Registrars

Linden Medical Group is a GP Registrar training practice and we normally have GP Registrars working with us. They are fully qualified doctors who are undertaking additional training to become General Practitioners. They may stay at the Practice for up to 18 months. As with the Medical Students, some consultations will form part of their assessment and may be videoed with your permission. If you do not want to take part in this please inform the receptionist when making the appointment.

Currently we have Dr Iulia Ruxanda and Dr May Myanmar until February 2020, Dr Timothy Trussell until March 2020, and Dr Harpreet Sooch will be with us until August 2020.

You may be offered an appointment with a Registrar and occasionally this may be a joint surgery with one of our regular GP's. If you have any questions or concerns please ask at reception.

### Protected Learning Time

All members of the Practice take part in the Protected Learning Time initiative. This means that the Practice will be closed on one afternoon per month for staff training purposes. During this time patients are advised to telephone the NHS 111 service for emergency medical advice.

The next PLT dates are: Wednesday 15th January and Wednesday 12th February 2020.



### parkrun Practice

We are very pleased to that Linden Medical Centre is now a 'parkrun Practice'!

For more information on parkrun and it's benefits, in particular Kettering parkrun, please visit <https://www.facebook.com/ketteringparkrun/>



**Proud to be a  
parkrun practice**

## Contact details

Linden Medical Centre  
Linden Avenue  
Kettering  
Northants  
NN15 7NX

Branch Surgery:

Ise Medical Centre  
French Drive  
Kettering  
NN15 5FB

**Tel:** 01536 481734

**Website:** [www.lindenmedical.co.uk](http://www.lindenmedical.co.uk)

**Facebook:** [www.facebook.com/lindenmedicalgroup](http://www.facebook.com/lindenmedicalgroup)

## Opening times

### Linden Medical Centre

### Ise Medical Centre

Monday 08:00 - 18:30

Monday 08:00 - 12:30

Tuesday 08:00 - 18:30

Tuesday 08:00 - 12:30

Wednesday 08:00 - 18:30

Wednesday 08:00 - 12:30

Thursday 08:00 - 18:30

Thursday 08:00 - 12:30

Friday 08:00 - 18:30

Friday 08:00 - 12:30

Saturday 08:00 - 11:30

Saturday CLOSED

	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>
Dr Paul Barclay	√	√	AM	AM	
Dr Simon Spooner	√	√		PM	√
Dr Mayur Shah	√	√	√		√
Dr Georgina Bennett	√		√	√	
Dr Nick Waters	√		√	√	√
Dr Sharon Waspe	√	√	√		
Dr Emily Jackson	AM	AM		√	√
Dr Camilla Haakonsen		√		√	√
Dr Harriet Ashcroft		√	√		